



# Indian Turkey Bowls

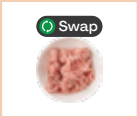
## with Crispy Chana Dal and Yogurt Sauce

Super Quick

15 Minutes

Customized Protein **+** Add **↻** Swap or **\*2** Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca)



Ground Pork  
250 g | 500 g



Ground Turkey  
250 g | 500 g



Crispy Chana Dal  
28 g | 56 g



Basmati Rice  
¼ cup | 1 ½ cups



Baby Tomatoes  
113 g | 227 g



Yogurt Sauce  
6 tbsp | 12 tbsp



White Wine Vinegar  
½ tbsp | 1 tbsp



Curry Paste  
2 tbsp | 4 tbsp



Cilantro  
7 g | 14 g



Green Peas  
56 g | 113 g

**Allergens** Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information. *Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.*

**Pantry items** | Oil, unsalted butter, sugar, salt, pepper

**Cooking utensils** | Medium bowl, measuring spoons, medium pot, measuring cups, large non-stick pan

1



### Cook rice and peas

- Before starting, add 1 1/4 cups (2 1/2 cups) water and 1/8 tsp (1/4 tsp) salt to a medium pot. Cover and bring to a boil over high heat.
- Wash and dry all produce.

- Add **rice** and **peas** to the **boiling water**.
- Reduce heat to low. Cover and cook until **rice** is tender and liquid is absorbed, 12-14 min.
- Remove from heat. Set aside, still covered.

4



### Cook turkey

[Swap](#) | [Ground Pork](#)

- Heat a large non-stick pan over medium-high heat.
- When the pan is hot, add **1 tbsp** (2 tbsp) **oil**, then **turkey**.
- Cook, breaking up **turkey** into smaller pieces, until no pink remains, 4-5 min.\*\*
- Add **curry paste** and **3 tbsp** (1/3 cup) **water**. Cook, stirring often, until fragrant, 1 min.
- Remove from heat, then season with **salt** and **pepper**, to taste. Cover to keep warm.

2



### Prep

- Halve **tomatoes**.

3



### Season tomatoes

- Add **tomatoes**, **half the vinegar** (use all for 4 ppl), **1/4 tsp** (1/2 tsp) **sugar** and **1/2 tbsp** (1 tbsp) **oil** to a medium bowl.
- Season with **salt** and **pepper**, then stir to coat.

5



### Finish and serve

- Fluff **rice and peas** with a fork. Stir in **1 tbsp** (2 tbsp) **butter** until melted.
- Divide **rice and peas** between bowls.
- Top with **turkey** and **marinated tomatoes**.
- Drizzle **yogurt sauce** over top, then sprinkle **crispy chana dal** and tear **cilantro** over top.

Measurements  
within steps

**1 tbsp** (2 tbsp) **oil**  
2 person 4 person Ingredient

### 4 | Cook pork

[Swap](#) | [Ground Pork](#)

If you've opted to get **pork**, cook it in the same way the recipe instructs you to cook the **turkey**\*\*

\*\* Cook to a minimum internal temperature of 74°C/165°F.



Issue with your meal? Scan the QR code to share your feedback.